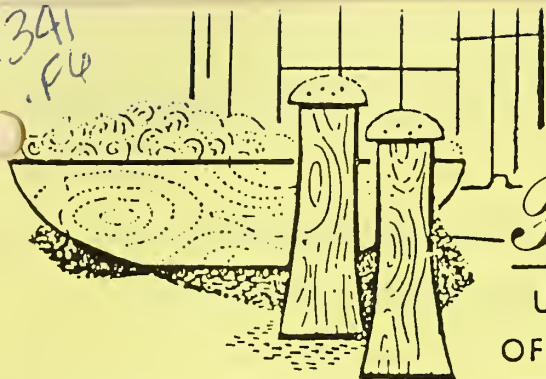


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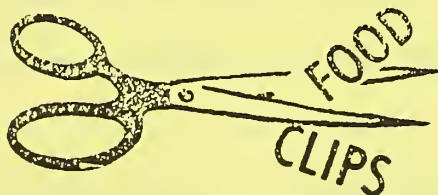
# Food and Home Notes

UNITED STATES DEPARTMENT OF AGRICULTURE  
OFFICE OF COMMUNICATION WASHINGTON, D. C.

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Always remember to use spices sparingly because they can overpower, rather than enhance, the natural flavor of vegetables. One fourth to one-half teaspoon of most dried spices and herbs is enough for two cups of vegetables.

\* \* \*

Herbs are leaves, and sometimes the flowers, of aromatic plants grown in the Temperate zone.

\* \* \*

Spices come from aromatic plants grown in the Tropics.

\* \* \*

Yes, dried herbs are more concentrated than fresh herbs so you may want to use slightly less.

\* \* \*

Leftover vegetables may be creamed, scalloped, glazed or fried. You might even want to puree them to make cream soups.

\* \* \*

Dry beans extend meat proteins in money-saving combination dishes.

\* \* \*

Want extra flavor? Place a peeled onion on the bottom of your beanpot--or use dried or chopped onion with the beans before baking.

## ALMOST ALL ABOUT --TEA

Tea is reported to be the most popular beverage--next to water--consumed in the world. The United States is second only to Great Britain in the amount of tea consumed each day.

Tea has been considered a popular beverage for more than 4,000 years, and, in some countries, it is considered a cure-all for many ailments, according to Dr. Evelyn Spindler, Extension Service, U.S. Department of Agriculture.

What is this popular, little, dried leaf that grows in the jungles of the world in tropical and sub-tropical climates? It comes from an evergreen plant that belongs to the Camellia family. In Ceylon, the economy is built around the tea business. In India, it is the second highest export earner and more people are employed in this industry than any other.

There are only three different kinds of tea--but, more than 3,000 varieties--all from the same kind of bush. It's what happens after the leaves are picked that makes the different types of tea.

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## ALMOST ALL ABOUT -- TEA (CON'T. FROM PAGE 1)

Oxidation turns leaves black which produces a brew with a rich, hearty flavor known as "black tea," the most popular type of tea preferred in America by 97 percent of the tea-drinkers.

Oolong tea is semi-oxidized and it's leaves are partly brown--partly green. When brewed, it produces a light color. Green tea is not oxidized so the leaves stay green in color and remain light when brewed. Most of the teas that we buy are a blend of 20 or 30 varieties.

Instant tea is powder using a highly concentrated brew of tea which is the result of water being removed by a drying process.

The "teabag"--used by one-half the tea-drinkers--was invented in 1904 by a tea merchant who distributed small silk bags of tea in preference to the more-expensive type of original tins. Today, Tea Bags are made of special filter paper each holding a teaspoon of tea. Loose tea, the classic form of purchasing tea, usually is sold by the pound.

Tea is sold at auction (like tobacco) in this country. It arrives in aluminum foil-lined chests and is placed in bonded warehouses before being approved by the U.S. Board of Tea Exports. (Six people, 5 from industry and 1 from government) who annually set standards each May. If the teas do not meet their standards the tea is not admitted to the United States.

Tea tasting like wine tasting is considered an art. An expert can identify over 1,500 different teas. "Orange Pekoe" (pronounced p-ko) to some consumers means a certain quality of tea. It is not. It refers to the size of leaf. Other black tea leaf sizes are referred to as Souchong, Fannings and Dust (smallest).

The amount of caffeine, the stimulant found in tea and beverages such as chocolate, cocoa, coffee and colas, in an average cup of tea is about 3/4ths of a grain. In coffee it's about 1-1/2 grains. A package of loose tea should make 200 cups of tea and a pound package of coffee makes about 40 cups.



## FOOD COSTS

## -- HERE AND ABROAD

Seven of the world capitals showed an increase in retail prices of 10 or more selected food items in March (as compared to January 1977), according to the Foreign Agricultural Service of USDA. In Copenhagen, where some of the highest prices prevail, the Government price ceiling was imposed during the December to February period.

The top three cities, Tokyo, Copenhagen, and Stockholm, listed prices for sirloin boneless steak: \$20.13, \$11.54 and \$11.05. It was \$4.17 in Washington--and \$1.67 in Buenos Aires. And--for the cost of milk (whole, liter) in Tokyo .75; Stockholm .37 and Copenhagen .47--in the United States the cost was .50...and .16 in Buenos Aires.

These food prices\* of selected commodities show the food price changes in general. They are based on local currency prices. The objective of the survey is to reflect the level of prices in other countries of items normally purchased by U.S. Consumers. Exact comparisons are not always possible.

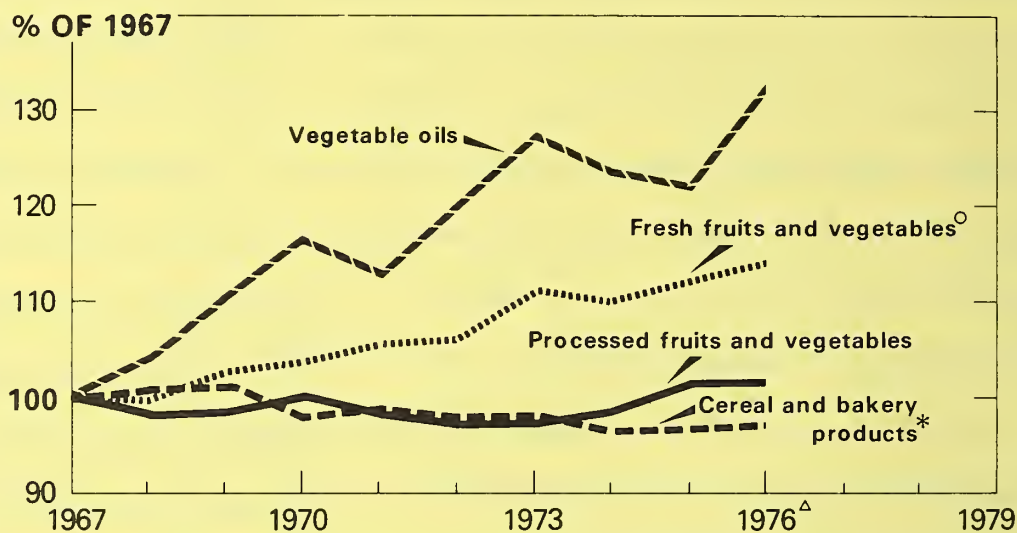
\*Food prices are obtained on a regular basis by U.S. Agricultural Attaches.

FAS SURVEY OF RETAIL FOOD PRICES IN SELECTED WORLD CAPITALS, MARCH 2, 1977  
[U.S. dollars per kg or units as indicated, converted at current exchange rates]

City	Steak, sirloin, boneless	Roast, chuck, boneless	Pork chops boneless	Roast, pork, boneless	Ham, canned	Bacon, sliced, pkgd.	Broiler, whole	Eggs, dozen	Butter	Margarine	Cheese: Edam, Gouda, or Cheddar	Milk, whole, liter	Oil, cooking, liter	Tomatoes yellow	Onions	Potatoes	Apples	Oranges, dozen	Bread, white, pkgd.	Rice	Sugar
Bonn	9.41	5.89	5.69	9.62	(1)	7.51	2.14	1.35	3.33	1.61	3.64	0.43	1.59	1.74	0.74	0.37	0.62	1.53	0.66	1.38	0.67
Brasilia	1.81	1.15	2.08	4.99	4.99	5.94	1.33	.82	2.69	1.15	3.19	.25	1.00	.59	.33	.39	1.82	.69	1.13	.43	.35
Brussels	9.18	4.95	4.07	4.29	6.50	3.55	2.51	1.34	3.94	1.75	4.62	.46	1.34	2.27	.74	.25	.90	1.26	.78	.98	.79
Buenos Aires	1.67				(1)	(1)	1.09	1.05	2.16	1.38	2.18	.16	1.74	.41	.17	.15	.54	.30	.54	.52	.53
Canberra	3.61	2.15	3.63	3.51	5.57	4.43	1.84	1.01	1.87	1.76	2.78	.40	2.18	.94	.61	.34	.51	1.05	.82	.79	.35
Copenhagen	11.54	5.28	6.11	6.45	7.27	5.74	2.24	1.43	3.74	1.50	3.90	.47	1.79	2.71	1.35	.50	1.11	1.81	1.38	1.17	1.25
London	5.90	3.48	3.10	2.50	3.40	3.78	1.51	.93	2.08	1.25	2.42	.31	1.29	1.59	.49	.45	.95	1.54	.45	.87	.44
Mexico City	2.11	2.07	1.75	2.57	(1)	2.77	1.39	.54	2.55	1.37	5.29	.25	.80	.17	.37	.36	.63	.15	.48	.52	.27
Ottawa	4.19	2.50	4.19	3.13	4.87	3.39	1.72	.91	2.46	2.10	3.79	.49	1.82	1.46	.59	.23	.95	1.43	.74	1.10	.44
Paris	6.82	3.78	(1)	4.81	6.03	8.04	2.09	1.26	3.20	1.32	3.52	.36	1.15	1.33	.64	.36	.58	.82	1.52	1.02	.51
Rome	6.78	5.42	4.29	4.29	4.90	3.94	1.95	1.11	3.84	1.58	3.96	.44	.99	1.70	.68	.45	.44	.94	.96	1.14	.63
Stockholm	11.05	7.39	5.67	10.48	7.32	7.20	3.40	1.83	3.25	2.33	4.98	.37	4.85	3.62	1.51	.56	1.18	1.75	1.84	1.23	.83
The Hague	9.03	5.41	4.41	5.61	5.18	7.19	1.87	1.20	3.36	1.16	4.02	.40	1.08	1.57	.59	.24	.40	.96	.51	.84	.64
Tokyo	20.13	15.40	7.82	6.80	11.92	8.05	2.84	1.17	5.03	2.85	5.67	.75	1.58	1.77	.72	.59	1.54	2.40	.97	.98	.85
Washington	4.17	2.69	4.54	5.56	5.34	3.57	1.19	.81	2.91	1.68	4.81	.50	1.85	1.46	.79	.35	1.06	2.40	1.12	.71	.51
Median	6.78	3.78	4.24	4.90	5.46	5.09	1.87	1.11	3.20	1.58	3.90	.40	1.58	1.57	.64	.36	.90	1.05	.82	.98	.53

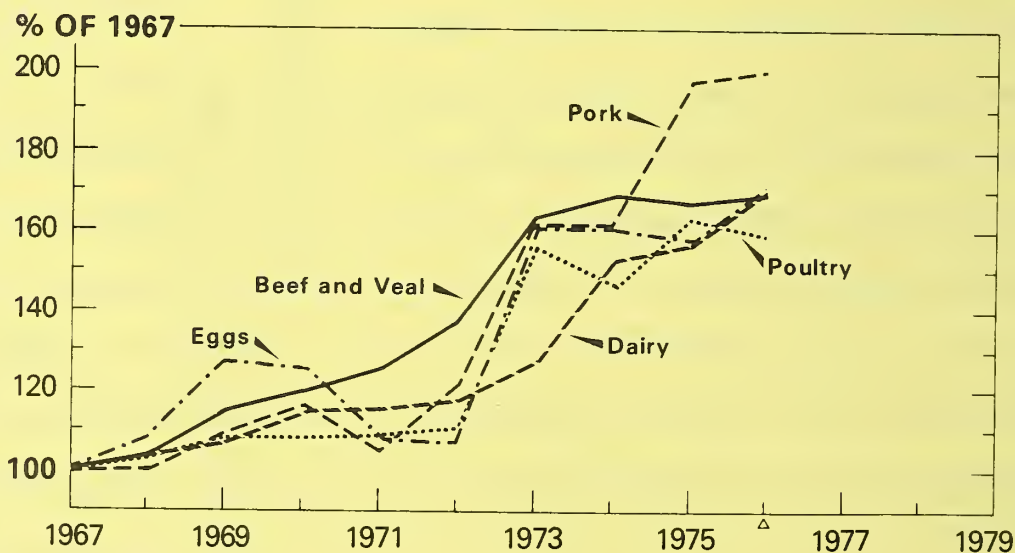
1.1 kilogram = 2.2046 pounds; 1 liter = 1.0567 quarts. \* Not available. Source: U.S. Agricultural Attaches.

## AGRICULTURAL CHARTS

PER CAPITA CONSUMPTION  
OF SELECTED CROP PRODUCTS

ITEMS COMBINED IN TERMS OF 1957-59 RETAIL PRICES.  
\*GRAIN COMPONENTS ONLY.

○ EXCLUDES MELONS.  
Δ PRELIMINARY.

RETAIL PRICES  
OF SELECTED LIVESTOCK PRODUCTS

<sup>Δ</sup> ESTIMATED.

SOURCE: BUREAU OF LABOR STATISTICS.

Prepared by the Economic Research Service of the U.S. Department of Agriculture. Slides/prints of these charts are available to the PRESS for reproduction if requested to the Editor of Food and Home Notes.

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